



50 and Wiser provides recreation and social opportunities for those baby boomer age and beyond!
For more information contact: Lynn Turner at 540-433-9168 or Lynn.Turner@harrisonburgva.gov.

CARDIO & STRENGTH

Instructor: Layna Erney - Location: CFG/CAC

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome.

City Res \$36 / Non-Res \$43 / Ages 50+

240523A Tue/Thu Apr 22-May 29 5:30-6:15pm

City Res \$30 / Non-Res \$36 / Ages 50+

240523A1 Tue/Thu Jun 17-Jul 17 5:30-6:15pm

ZUMBA GOLD

Instructor: Amanda Seal - Location: CFG/CAC

This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party!

City Res \$48 / Non-Res \$58 / Ages 50+

240523B Tue/Thu Apr 15-May 22 6:30-7:30pm

240523B1 Tue/Thu Jun 3-Jul 10 6:30-7:30pm

50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney - Location: CFG/CAC

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

240525A Mon Apr 14-May 19 5:30-6:30pm

City Res \$16 / Non-Res \$19 / Ages 50+

240525A1 Mon Jun 2-Jun 16 5:30-6:30pm

EXTRA GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

240525B1 Wed Apr 16-May 21 5:30-6:30pm

City Res \$16 / Non-Res \$19 / Ages 50+

240525B2 Wed Jun 4-Jun 18 5:30-6:30pm

AARP DRIVER SAFETY PROGRAM

Instructor: Roger Thomas - Location: CFG/CAC

Participants learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age related changes. For individuals 55+ in Virginia, it is a state law that all insurance companies must offer a discount for anyone who completes the course. Classroom only instruction, no driving or other "in-car" time involved. Bring your driver's license. Must attend both classes.

\$15 AARP members, \$20 non-members / Ages 50+

240554A *Tue/Wed* *Jun 17,18* *1-5pm*

PAINT 4FUN WITH DIANE

Instructor: Diane Ricketson - Location: CFG/CAC

Paint hydrangeas on a 8 X10 piece of black slate. The price includes all supplies and you leave with a piece of artwork ready to hang.

City Res \$20 / Non-Res \$24

240570H1 *Mon* *Apr 28* *9:30-11:30am*

BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants received a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. FREE

Ages 50+ *Wed* *Apr 30-Jul 30* *9-10am*

BENNY'S BLANKETS

Location: CFG/CAC

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! If anyone has yarn to donate, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Admin. Office. FREE

Ages 50+ *Tue/Thu* *9-11am*

THURSDAY AFTERNOON BOWLING

Location: Valley Lanes

Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on the 17th week where prizes are awarded for a number of categories. \$8 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams May 8th. All Participants \$8

Ages 50+ *Thu* *1-3pm*

PRICE ROTARY SENIOR CENTER

Price Rotary Senior Center is open on Mondays from 9am-1pm. Come join us to hear speakers on a variety of topics, gain knowledge through our health programs, exercise, volunteer through our Meals on Wheels program and make new friends! Contact us at 433-2893 or check out our monthly program calendars at pricerotaryseniorcenter.org.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM WORKSHOP

It will be offered free of charge to adults with chronic conditions as well as family members and caregivers at the Community Activities Center (Craft Room #4) on Thursday evenings beginning April 24 through May 29 from 6-8:30pm. Learn tools to actively and positively manage the problems caused by chronic conditions. Each workshop includes several activities including healthy eating, appropriate exercise, relaxation techniques, pain and fatigue management and much more. Workshop participants will also receive "Living a Healthy Life with Chronic Conditions." To register call 540-820-8567 or online at valleycdsme.com.

We would like to start a Canasta Group. If you have any interest in forming a social group or learning how to play, Contact Lynn Turner at 540-433-9168 or Lynn.Turner@harrisonburgva.gov.